



Peanut Allergies

How To Read a Label for a Peanut-Free Diet

Avoid foods that contain any of these ingredients:

Beer nuts
Cold pressed peanut oil
Ground nuts
Mixed nuts
Nu-Nuts® flavored nuts
Peanut
Peanut butter
Peanut flour

Foods that may indicate the presence of peanut protein:

African, Chinese and Thai dishes
Baked goods (pastries, cookies, etc)
Candy
Chili
Chocolate (candies, candy bars)
Egg rolls
Hydrolyzed plant protein
Hydrolyzed vegetable protein
Marzipan
Nougat

*Studies show that most allergic individuals can safely eat peanut oil (*not* cold pressed peanut oil though).